

Health Homes Herald

June, 2014

Volume 1, Issue 9

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Health Homes Implementation is Just Around the Corner!

After more than two years of work, the Kansas Health Homes (HH) initiative will be going live next month. The State team would like to extend a special thank you to Dr. Theresa Shireman and her team at KU and KUMC, the Wichita State University Center for Community Support & Research (CCSR) and the many stakeholders across the state who have tirelessly worked to help make this initiative a reality.

As July 1, 2014 draws near, we would also like to remind our readers that though implementation is upon

us, there is still much to be done in order to make HHs a success.

As we have said many times before, HHs will be a transformative process. With this in mind, we hope that providers will approach the upcoming implementation with an eye toward collaboration:

- Try to identify what bridges can and should be built in your community
- Keep track of and share successful strategies with other community providers.
- Stay tuned to the HHs website for additional information and get involved with the Learning

Collaborative.

The Learning Collaborative, starting in September, will be a place where providers can connect and share successful strategies in a structured way. The Learning Collaborative will also be an outlet for HH training and information.

If you would like to be involved in drafting the agenda for the Learning Collaborative you may contact

Vanessa Lohf, LBSW at:

email: vanessa.lohf@wichita.edu phone: 316.978.5380

New Health Homes Manager:

We are excited to announce that Rick Hoffmeister has been hired as the new Health Homes Manager! Rick is a registered nurse with over 25 years of nursing experience. Rick joined KDHE in 2013 after being a clinical care coordinator at Kansas Health Solutions. Rick has psychiatric nursing experience in acute, residential, home health and long term care settings and has been a hospice case manager and long term care nurse manager/ MDS coordinator. Please join us in welcoming Rick to the project!

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Upcoming News and Events

- Health Homes Implementation — July 1, 2014
- Coming Soon: Health Homes Learning Collaborative — September, 2014.

Questions?

Email: healthhomes@kdh.eks.gov

Phone: 1-785-296-3981



Consumers' Frequently Asked Questions

I've heard about Health Homes and I think I qualify. What will happen next?

Health Homes in Kansas are set to begin July 1, 2014. If you are eligible, you will get a letter in the mail telling you who your Health Home is. If you are unhappy with your Health Home, you will be given a second choice for your Health Home. You do not have to be in Health Homes. If you want to be in a Health Home you don't have to do anything and you will not have to pay for Health Homes services.

If you decide to stay in the Health Home, you will have a talk with your Health Home Care Coordinator (CC) sometime within the first month. At this meeting, the CC will tell you about the services that Health Homes will give you and they will go over your health and medical history with you. The CC will also ask you to help them develop a plan to guide you, your doctors and other providers.

Though Health Homes may look a little different for each person depending on their needs, Health Homes will:

- Make sure you get the right services at the right time
- Teach you about your conditions and how you can help yourself be healthier
- Help when you are discharged from a hospital or care facility
- Help you reach your health goals with the help of your family or other helpers and caregivers
- Make sure you get other services and supports you need to stay in your home.

Everyone in Health Homes will get six Core Services. These are explained below:

- Comprehensive Care Management - Make a plan to guide you and your doctors and other providers
- Care Coordination - Make sure you get the right services at the right time
- Health Promotion - Teach you about your conditions and how you can help yourself be healthier
- Comprehensive Transitional Care - Help when you are discharged from a hospital or care facility
- Individual & Family Supports - Help you reach your health goals with the help of your family or other helpers and caregivers
- Referral to Community and Social Support Services - Make sure you get other services and supports you need to stay in your home

If you have questions, you can visit the Health Homes page on the KanCare website:

http://www.kancare.ks.gov/health_home.htm

e-mail your questions to healthhomes@kdheks.gov

or call 785-296-3981

We hope that you will choose to be in Health Homes and look forward to July 1st!



A Note For Primary Care Providers

KDHE and the Wichita State University Center for Community Support & Research (CCSR) will be hosting a webinar for primary care providers (PCPs) on June 24th from 12:00 to 1:00 PM. Health Homes are designed for high need populations and involve an enhanced emphasis on comprehensive management and team-based approach in order to achieve improved health and quality of service, as well as decreased costs.

This webinar will address questions specific to PCPs role in Health Homes and will provide you an opportunity to ask questions of the state staff as well as the MCO representatives. Registration is required so please contact Vanessa at your earliest convenience.

If you are a PCP and would like to attend the webinar you are encouraged to contact Vanessa Lohf at: email: vanessa.lohf@wichita.edu phone: 316.978.5380

Update from Wichita State University Center for Community Support & Research

In May, 124 people participated in the Health Homes Webinar Series. May topics included an overview of the Health Homes process from a member's perspective and Health Promotion resources available through the KDHE Bureau of Health Promotion. These, and all previous webinars, can be found at http://www.kancare.ks.gov/health_home/providers_webinar_series.htm. June webinars will focus on specific provider populations, including Targeted Case Management and Primary Health Care Providers.

Beginning in the fall, WSU Center for Community Support & Research (CCSR) will begin contacting Health Home Partners to participate in a Learning Collaborative that is designed for peer-to-peer learning and support in order to provide continuous improvement of the Health Home system. Additionally, CCSR is excited to announce that our organization has been awarded a two-year grant from the Kansas Health Foundation to provide training for Health Home care managers and care coordinators on how to develop and write quality Health Action Plans. This training will include web-based and live opportunities for staff to learn and practice their skills in working with Health Home members to develop realistic and achievable goals.

Over 70 stakeholders from a variety of service systems gathered at the WSU Metroplex in Wichita on June 3 to learn more about the progress of the Kansas Health Homes initiative. The agenda included a mixture of presentations by staff from the Kansas Department of Health & Environment (KDHE), CCSR and the Managed Care Organizations (MCO). Information presented included progress since the March Stakeholders meeting; additional information on connect with MCOs and how they plan to administer Health Homes; current data to reinforce the need for and benefits of Health Homes to the members; resources related to Health Information Technology, Health Promotion, and ongoing Professional Development opportunities; and a discussion of how Health Homes can look from both the member and provider perspectives.

Presentation slides and additional handouts from this meeting are available at: http://www.kancare.ks.gov/health_home/stakeholder_meetings.htm.



New CDC Diabetes Report

The number of cases of diabetes and prediabetes among Americans of all ages and ethnicities continues to increase, according to the National Diabetes Statistics Report, 2014 (based on health data from 2012), released by the Centers for Disease Control and Prevention (CDC). People with diabetes are at increased risk of serious health complications including blindness, heart disease, stroke, kidney failure, amputation of toes, feet or legs, and premature death. The CDC points to prevention efforts nationwide as a crucial means to combat serious health risks.

- **Diabetes:** 12.3% of the adult population aged 20 years and older have diabetes. That is twenty-nine million people in the U.S. and 1 in 4 do not know they have diabetes. This number has increased from 26 million in 2010. In 2012 alone, 1.7 million people aged 20 years or older were newly diagnosed with diabetes and 208,000 people younger than 20 years have diabetes (type 1 or type 2).

- **Prediabetes:** Eighty-six million people—more than 1 out of 3 people—aged 20 years and older have prediabetes. The percentage of U.S. adults with prediabetes is similar for non-Hispanic whites (35%), non-Hispanic blacks (39%), and Hispanics (38%). Without weight loss and moderate physical activity, 15-30% of people with prediabetes will develop type 2 diabetes within 5 years.
- **Cost:** Diabetes and its related complications account for \$245 billion in total medical costs and lost work and wages. This figure is up from \$174 billion in 2010.

This report is particularly timely for Kansans as we look forward to the implementation of Health Homes next month. Diabetes and other chronic conditions make up one of the two Health Homes target populations. A major aim of Health Homes is to better engage individuals in the management of their own health.

The CDC report demonstrates that many individuals dealing with diabetes and prediabetes do not understand, or are entirely unaware of their condition. As part of Health Homes' whole person approach, chronic condition self management is a major goal. We hope that Health Homes can help educate members about their condition including how it places them at risk for other cardiovascular diseases including high blood pressure and high cholesterol.

Diabetes is a serious disease and one that is becoming more prevalent in both Kansas as well as the United States as a whole. More information about diabetes and prediabetes prevention is available on the CDC website:

<http://www.cdc.gov/diabetes/prevention/>

Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 1-785-296-3981

Email: healthhomes@kdheks.gov

Website: http://www.kancare.ks.gov/health_home.htm

